

ISSUE NO.1

FALL 2025



Akashic Records *magazine*





In this issue

A Word from Lisa Introduction	3
Energy Forecast A Forecast for Fall 2025	4
The First Wave: Why You're Feeling It Before Everyone Else	9
Food, Frequency, and Feeling Human Again	11
You're Not Making It Up: Signs You're Being Activated	13
To Anchor the Shift Affirmations	15





If you've been feeling a little strange lately - more tired than usual, more emotional, more aware - you're not alone.

Something is shifting. Not just around you, but within you.

The second half of 2025 carries a different kind of rhythm. Like the changing light of fall, it asks you to slow down and notice. To shed what's no longer needed. To soften into what's arriving - and allow it to arrive through you.

This season isn't about doing more. It's about becoming more available - to truth, to healing, to what's already trying to bloom beneath the surface.

Many of us are entering what the Akashic Records call an activation period. You might feel it in your body. In your dreams. In your relationships. In the sudden urge to rest more deeply, speak more honestly, or reconnect with what grounds you.

There's no one way this unfolds. But there is a shared invitation: to stop bracing and start listening.

In these pages, you'll find messages and reflections to help you make sense of what's stirring.



We're not racing toward answers. We're walking with awareness — and letting the unseen become a little more felt.

Take what resonates.
Leave what doesn't.
Trust what softens you.

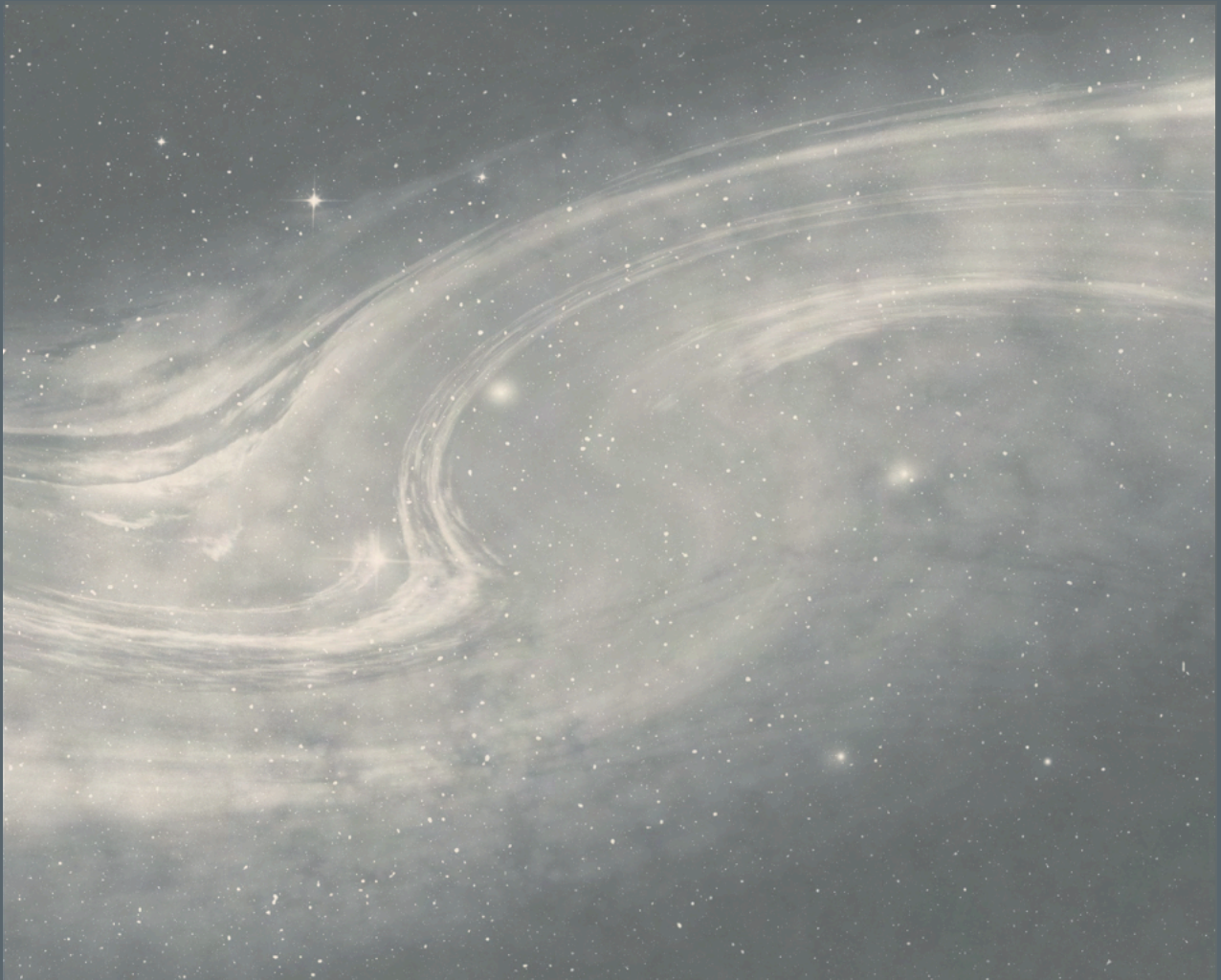
You're not falling apart. You're falling into alignment.

With love,

Lisa Witzel
AKASHIC RECORDS CONSULTANT



Energy *forecast*



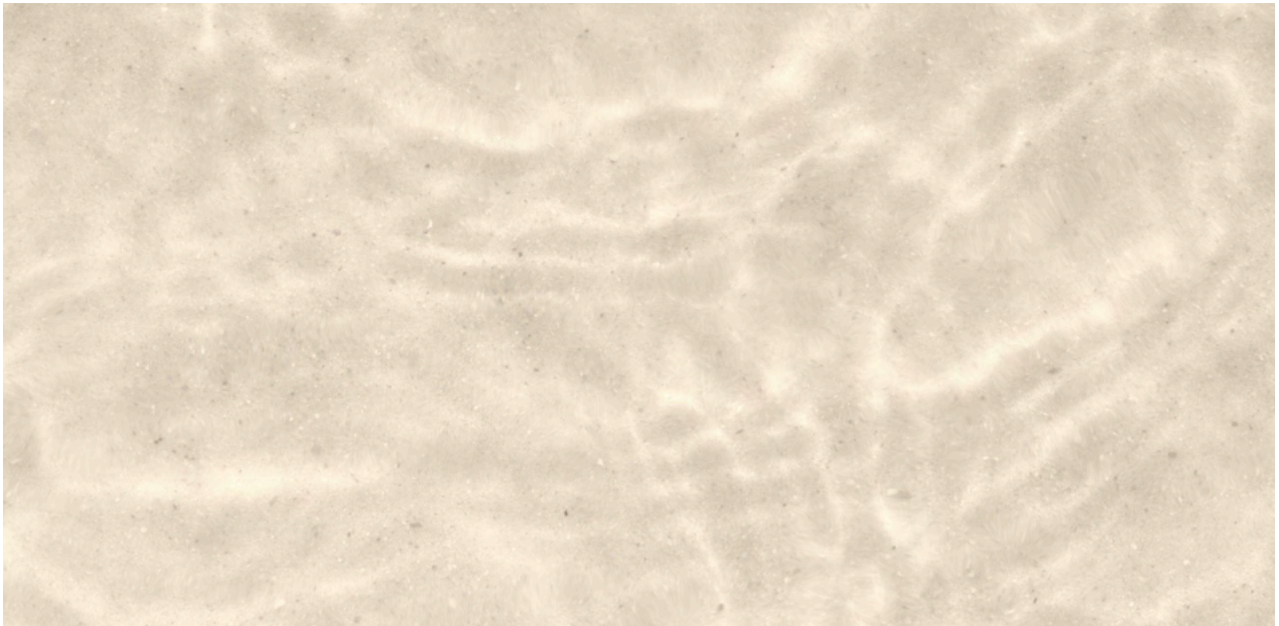
From Activation to Integration: A Forecast for Fall 2025

There's a frequency in the air right now that doesn't quite match the pace of everyday life. It asks for something different - something deeper. If you've felt it, too - a sense that your inner world is shifting in ways you can't yet explain - this fall's energy is likely why.

As we move through September, October, and November, I'm seeing waves of energy that are meant to awaken, dissolve, and then settle. It's not linear. It's not always comfortable. But it is precise. And it's asking us to listen.



The Stirring Beneath the Surface



September begins with an ancient energy rising. Not fast and loud, but slow, steady, and undeniable. During a recent channeling session, I was shown the awakening of the serpents and dragons that lie beneath the surface of the Earth. These aren't just symbols – they're living codes of energy that are starting to move through old portals and energetic grids.

What that looks like for us may be deeply personal. You might feel old griefs surface suddenly, or notice subtle (or intense) changes in your body. Many of us are experiencing strange physical symptoms: pressure in the head, shifts in digestion, restlessness, or skin flares that

don't follow a pattern. These aren't random. They're signs that your system is clearing and reattuning.

The Records have been very clear: this is not punishment or regression. It's recalibration. Our bodies are remembering how to hold a higher frequency. And in that process, what's no longer needed will rise to the surface so it can be seen and released.

This month may also bring moments of intensity - globally or internally. It's okay if things feel like they're unraveling. They are. But only the layers that were never yours to carry.





The Energy Rain

October's energy feels like a downpour, but not of water. In one vision, I saw what looked like a meteor shower, except it wasn't physical. It was energetic. Beams of high-frequency light entering the atmosphere and subtly shifting the way we experience the world.

You may feel this as heightened sensitivity - to sound, light, energy, or even people. Dreams might become more vivid. You might find yourself wide awake in the middle of the night for no clear reason. Some will feel emotional. Others will feel raw but inspired. A few may even feel unusually peaceful in the midst of it all.

This energy isn't random. It's part of the Earth's atmospheric shift. We're being attuned to a new vibrational field - one where connection is less about words and more about frequency. You might find yourself intuitively understanding what someone is feeling before they speak, or sensing messages in animals, music, or movement.

The Records also pointed to the presence of new (or forgotten) energies becoming more available - the cloud beings, water guides, mountain spirits. These elemental allies have always been



here. We're just finally learning to hear them again.

This is a good month to rest more than you think you need to, and to create space for spontaneous insight. Don't be surprised if things feel strange. You're just learning how to see with a new kind of sight.





Integration and Softening

While September and October stir and shift, November brings the chance to land. The energy starts to settle - not in a way that signals an ending, but in a way that allows us to begin embodying what's been activated.

This is when things start to make sense in quiet ways. You may suddenly feel more in your body, more in tune with your surroundings, or more at peace with what once felt like chaos. The Records have spoken of light codes activating both our hearts and our eyes, helping us see beyond the illusion of separation and

feel the deeper unity in everything. It's also a time when messages may come through in soft, surprising ways. You might sense a tree speaking, or receive clarity in a dream, or suddenly realize why a certain relationship shifted. This is the language of integration - slow, sacred, and deeply honest.

November doesn't ask for effort. It asks for presence. Let yourself land. Let yourself reflect. Let yourself be held by the energy that's now moving through your life with more clarity than before.





This entire season is a portal.

Not one you walk through
all at once, but one that
unfolds day by day - in
your body, your thoughts,
your relationships, your
remembering.

You don't need to rush it.
You don't need to
understand it all. You just
need to stay close to
what's real inside you.

This fall, allow yourself to
become more receptive to
the parts of you that
already know the way
forward.

We're not heading toward
some distant awakening.
We're living it now, in
waves, in layers, in sacred
timing.

You are not behind. You
are precisely where you're
meant to be.

Let that be enough.
Let that be everything.





The First Wave

Why You're Feeling It Before Everyone Else

Some of us have been feeling it for a while now - the physical symptoms, the emotional surges, the quiet sense that something is changing but you can't quite name what. You're not imagining it. And you're not alone.

What the Records showed me, and what I know to be true in my bones, is that certain souls were chosen to begin this transition first. The energy coming to the planet is arriving in waves, and those of us who've been doing our work, who carry certain frequencies in our soul memory, are part of that first group meant to receive, process, and stabilize the shift.

Not because we're better, not because we've "earned" it, but because our souls carry the blueprint for it. We're the first wave.

First wave souls are the ones who said yes before they even knew what they were agreeing to. We're the ones who felt strange as kids, who knew things we couldn't explain, who often had to walk through deep valleys alone - not because we were being punished, but because we were being prepared.

It's why so many of us are feeling the intensity more right now. Headaches that don't match any pattern, sleep that feels disrupted for no reason, a body that's constantly shifting between exhaustion and alertness. It's all part of the recalibration. We're not just witnessing the shift - we're helping to anchor it.

And we're not meant to do it all at once.

The Records said it clearly: "You can't all go to college at the same time." There has to be a group that transitions first to help guide the others when their time comes. That's what this first wave is. We are laying the energetic foundation for the waves that follow. We're creating space for others to awaken without fear, because we've walked through it and come out the other side.



And yes, that role can feel lonely. It can feel overwhelming. Sometimes it's tempting to believe you're the only one going through it. But I promise you - you're not. More and more of us are starting to remember. And we're finding each other.

That's part of the gift of this season: the quiet recognition that while your journey is uniquely yours, it was never meant to be walked entirely alone. We are here to hold hands in the dark. To speak what others are still trying to understand. To live in a way that brings the unseen into form.

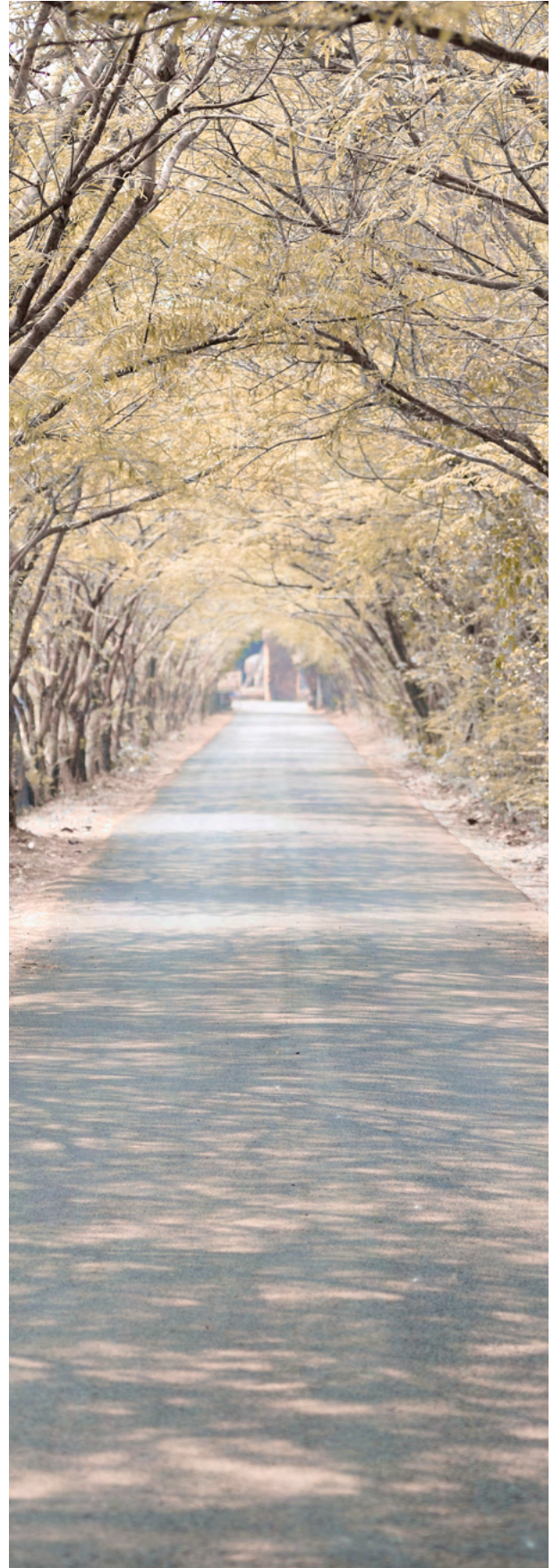
If this resonates, know this: you haven't been left behind. You've been moved ahead - not for glory, but for service. Not to lead with force, but to lead with frequency.

“

We weren't chosen to lead with force, but with frequency.

”

Let yourself rest when you need to. Let yourself receive. And trust that what you're feeling isn't a detour. It's the way forward - for you, and for all the ones who are about to follow.





Food, Frequency, and Feeling Human Again

If you've been feeling strange in your body lately - sensitive, tired, thirsty, overstimulated, or just a little out of sync - you're not alone.

The Akashic Records have shown me again and again that what we're experiencing isn't random. It's not a mystery illness or something we need to fix. It's the body's response to energy.

Right now, we're shifting into a new frequency - not metaphorically, but literally. And our physical forms are doing everything they can to meet that shift.

The way the Records explained it:

“Your physical structures are shifting to gain a higher frequency so that you can exist upon the Earth in the days to come.”

That means everything, from the foods we eat to how we hydrate, how we rest, and how we connect with the elements, is part of the spiritual process. There's no separation anymore. Every choice is energetic.

They've guided me toward certain foods that can help us stabilize during this time. **Leafy greens** are one of the strongest supports. Kale, spinach, chard, bibb lettuce - anything grown in the sunlight and rich with life force. These help us hold more light. The Records specifically told me to avoid iceberg lettuce, it simply doesn't carry the vibrational charge we need right now.

Root vegetables like beets, potatoes, and turnips are also deeply helpful. Because the Earth itself has shifted, these vegetables, grown deep in that upgraded frequency, are holding codes that support grounding, regulation, and a stronger energetic foundation.



Then there's **fruit**. Bright, vibrant fruits like papayas, mangoes, peaches, oranges, cherries, and plums carry frequencies of joy, vitality, and cellular healing. You may feel drawn to them intuitively. That's your system asking for what it needs.

And always, **water**.

Drink it, yes. But also sit with it. Bathe in it. Let it surround you. Water is one of the most intelligent carriers of frequency on the planet. It doesn't just hydrate your body, it attunes your field. If you're overwhelmed or energetically scattered, immerse yourself. Let water help you reset.



One note the Records were very clear about: **avoid sugar** when you can. I know, it's not the advice anyone wants. But sugar, especially in its refined form, scrambles the frequency field. It disrupts your ability to integrate the energy that's coming in. If you're craving sugar, ask your body what it's really needing. Often, it's grounding. Or comfort. Or sweetness from a truer source.

This isn't about following a perfect plan. It's about honoring the sacredness of the body during a time of great change.

We're not just shifting spiritually - we're shifting cellularly. And your body, as dense and miraculous as it is, remembers what to do.

It just needs your support. A little more water. A little more sunlight. A little more trust.

The more you tend to your body as an ally on this path, the more clearly your soul's wisdom can come through.

We're not ascending *out* of the body. We're becoming more alive *within* it.



You're Not Making It Up: Signs You're Being Activated

One of the hardest parts of spiritual awakening is wondering if you're just imagining it.

You feel energy moving through your body, catch glimpses of color or light behind your eyes, start crying during meditation without knowing why - and suddenly, your thinking mind kicks in: *Is this even real?*

But here's what I want you to know: you're not making it up. You're being activated.

People across the world are experiencing spontaneous shifts right now - spinning sensations during stillness, emotional releases that come out of nowhere, even bursts of song or sound that don't feel like their own voice. One person described suddenly coughing uncontrollably and hearing, *"It's time to speak your truth. PTSD is over."* Another found herself humming and moving her hands in unfamiliar gestures. She wasn't thinking about it, her body just knew.

These are signs that new frequencies are working through you - not from outside, but from within. The Akashic Records have shared that we are receiving powerful energetic codes through our hearts and our vision, two key points in the body that connect us to higher knowing. You may feel pressure or warmth in these areas. You may find yourself staring at a spot on the wall, only to realize that something is happening, even if you can't explain it.

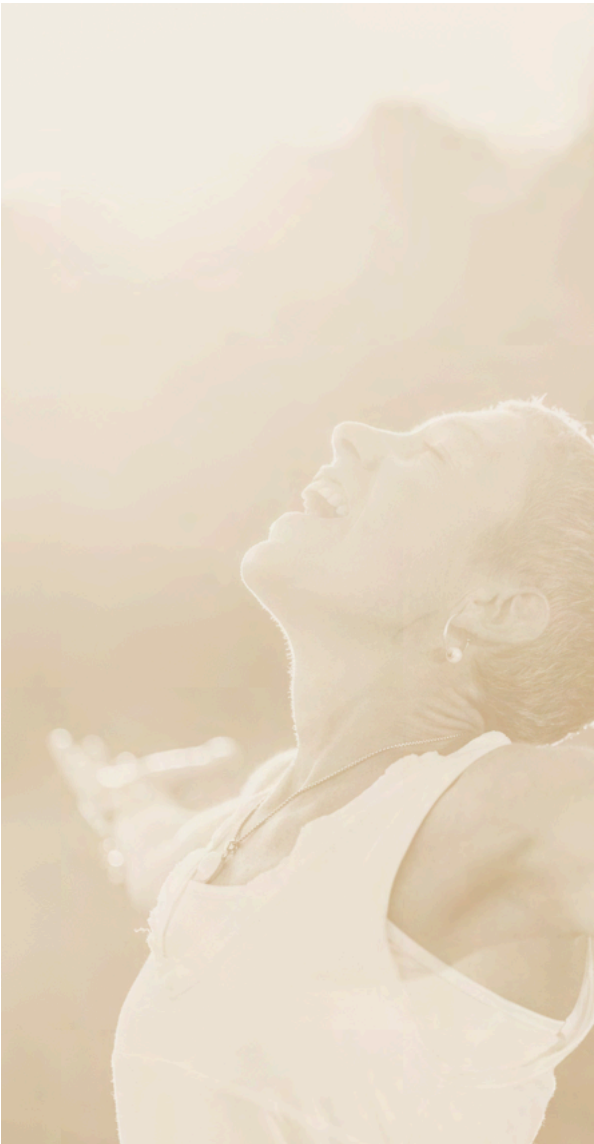
This is your inner sight waking up. It's not always visual. Sometimes it's a softening. A knowing. A sudden flash of clarity you didn't seek out.

You might also be connecting to light language - a form of vibrational communication that often bypasses logic. It can sound like syllables or tones you don't consciously understand.



You might feel your hands moving during meditation or find that your voice starts to carry new sounds when you're alone. This isn't something to be embarrassed by. It's a deeply natural, even ancient, part of your energetic language.

When I speak light language, I don't understand it with my mind. But I feel it, I feel how it clears my energy, opens my heart, prepares me to receive. The



We have granted you all permission to feel the light and the energy code that is being embedded within your heart.

The Records have shown me again and again that this kind of activation doesn't require interpretation. It only requires trust.

If you're experiencing these things - the heightened sensitivity, the spontaneous movement, the deep emotional waves - it means your system is ready. These changes don't happen because you're trying hard. They happen because your soul said yes a long time ago.

You don't need to explain it. You don't need to fix it. You just need to let it unfold.

You're not here to stay small. You're here to open.

So if you've been feeling "off"... if nothing feels quite the same... if you're sensing things you can't describe in words...

Please know: You're not making it up. You're remembering.

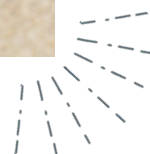




To anchor the shift

This season may stir more than you expected. You might feel open and raw, like something old is leaving and something new hasn't quite landed yet. That's okay. These affirmations are here to help you stay rooted as you expand, and steady as you remember more of who you are.

You don't have to say them all. Let the one that finds you, stay with you.





I trust my body to
guide me.



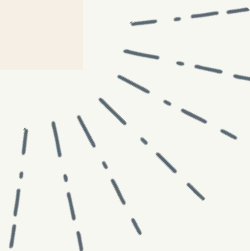
I receive support
from the Earth and
all living things.

I allow the energy
moving through
me to do its work,
even if I don't
understand it yet.

I am not behind.
I am perfectly
on time.



I am held by
something
much larger
than my fear.





I am safe
to feel, to rest,
and to know.



I soften into my
own unfolding.

I am not separate
from the
the energy I seek.



I let go
of needing to
make sense of
everything.

I listen for messages
in the quiet spaces.





A SENSATION I KEEP RETURNING TO

What have you been feeling in your body or energy field lately – a hum, a tightness, a warmth, a flutter? Describe it here, even if it doesn't make sense yet. Let it be a doorway.

A MESSAGE MY BODY MIGHT BE SENDING ME

If your body could speak in full sentences today, what might it say?
Let the first thought or sentence come through. No editing.





If something stirred as you moved through these pages a question, a quiet ache, a sense that something is changing this season may be inviting you to come closer.

A one-on-one Akashic Records session is not about finding answers outside yourself. It is an invitation to sit with your own soul and hear what it has been trying to say beneath the noise.

This time of year teaches us how to let go with grace. How to soften into what is ending, and stay open to what is beginning in the quiet.

In session, we will enter the Records with curiosity and care. We will listen for what is ready to be seen, reclaimed, or remembered - not through force, but through presence. You do not need to know what you are looking for. You only need to arrive as you are, willing to meet yourself in a new way.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Witzel
AKASHIC RECORDS CONSULTANT





lisawetzel.com